

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
4-19-2016, 4:00 pm – 5:30 pm

1. Attendance

Name	Organization/Committee Role
Katie Castillo	Healthy Kids Club
Laurie Zenner	Healthy Kids Club
Brian Dauenhauer	UNC Professor/ES parent
Ellie Dudley	Integrated Nutrition Education Program
Marissa Hughes	PE teacher
Roxane Conant	Banner Health
Rachel Hurshman	WCSD6- Wellness Coordinator/RDN
Courtney Bell	WCSD6- Wellness Specialist
Kara Sample	WCSD6- Assistant Director of Nutrition Services/RDN
Jeremy West	WCSD6 – Director of Nutrition Services
Leslie Beckstrom	Weld County Health Department
Carlee Rosen	NCHA- Make Today Count Campaign
Bu Men	Student at Greeley West High School
Lori Kingsley	WCSD6 – School Nurse/RN
Ryan Mayeda	Dietetic Intern
Margaux Valdez	Dietetic Intern
Jocelyn Thompson	Dietetic Intern

2. Updates from meeting with Chief Academic Officer

Rachel reviewed what she discussed in a meeting with Dr. Stacie Datteri, Chief Academic Officer for WCSD6. Dr. Datteri initiating this meeting is a great sign of support from the top.

- Topic – Comprehensive Health Standards: Discussed incorporating nutrition education into classroom/curriculum (reviewed examples of PE lessons, math lessons, Chef in the Classroom, Walking Classroom).
 - *Courtney will promote the Walking Classroom to all 4th and 5th grade teachers via e-mail communication.*
 - *Courtney will create brochure for Chef in the Classroom with information (including quotes) from teacher. Rachel will promote in PrincipaLine in September and reach out to a few principals individually that Dr. Datteri recommended.*
 - Laughaceuticals – Stress management program offered for adults through Kaiser Permanente. *Rachel will put in PrincipaLine now and again in the fall*
 - Kaiser’s educational theatre program: Dr. Datteri doesn’t like the idea of “one and done” assemblies for students that don’t connect back to anything. Laurie suggested having a program on the 5210 topic, during the month of January or February. This would connect with the 5210

Schools on the Move Challenge. *Rachel will reach out to Kaiser to inquire on this idea for next year.*

- Positive Youth Development – *Rachel will discuss with Bob Billings, Director of Student Life, about coordinated behavioral health approach through coaching program.*
- Mindful Life™ - Dr. Datterri would like to pilot mindfulness for an entire school versus a one-time summer professional development session. Will consider Franklin.
- *Rachel will set up meeting with Amy Tuttle (Assistant Director of Learning Services), Dianna Riley (Director of Curriculum and Instruction) and Jinny Jensen (Coordinator, Learning Services) to gain insight on how to incorporate math lessons and PE lessons into curriculum resources so teachers know they are available.*
- Dr. Datterri would like the wellness team to create a wellness toolkit for teachers that includes “the why” and examples of how to be intentional about including movement throughout the school day. *This will be discussed/created at the summer meeting. Ensure that training/PD is provided for teachers on use of the toolkit.*
 - Brian mentioned that Red Hawk elementary is working on an online PD opportunity, consolidating the best practices from the whole child model. *Rachel will include this information in meeting with curriculum team.*
- Topic (did not discuss in meeting) – Integrating Health and Wellness (Physical, Social, Emotional, Behavioral) into the UIP (Universal Improvement Plan) Process
 - Goal is to have health and wellness be part of the UIP conversation.
 - Health and Wellness data should be included in root cause analysis to give overall picture of students’ needs and gaps.
 - *Courtney will begin reviewing all schools’ current UIPs to determine if health and wellness is already being included*
- Topic (did not discuss in meeting) – Wellness Professional Development (PD) for Staff
 - Want to get Monday PD time reserved 2-4x/year to hold student wellness team lead meetings and other wellness trainings.
 - *Courtney will determine how we can get Monday PD time reserved for next school year*

3. Annual Policy Assessment Results

- Courtney reviewed the annual wellness policy assessment results. The wellness assessment is given every spring semester to evaluate the effectiveness of our policy implementation at each school, as required by the United States Department of Agriculture (USDA).
- Overall, most schools showed a decline in percentage of adherence for each measurement area (comprehensive learning environment, healthy eating opportunities and practices, and physical activity). This could be due to a change in curriculum standards, discrepancies between the interpretation of “fully in place” versus “partly in place”, and varying degrees on knowledge/honesty from individuals filling out the assessment. Currently the secondary results are incomplete as we have struggled to get the assessment completed at high schools, since there aren’t student wellness teams at that level.
- Comprehensive learning goal: % increase at Chappelow, Scott, Shawsheen and Martinez
- Health eating goal: % increase at McAuliffe, Winograd and Meeker
- Physical activity goal: % increase at Chappelow, Jackson and Scott
- *We will review the assessment at our July Committee Meeting to determine if/how the assessment should be changed to be most effective.*
- *Courtney will share the cumulative assessment results with all student wellness teams*

4. School Health Improvement Plan (SHIP) Updates

- Group work: Courtney provided instruction to the committee that they will be assigned to a group and will review the student wellness team updates provided in a document. In their group, they will provide recommendations for their assigned schools. After reviewing the SHIP updates, the committee agreed that these were much more telling of what is going on in the schools than is the assessment.
 - Group 1 (Heiman, Maplewood, Jackson, Centennial, Dos Rios)
 - Heiman had great success with 5210, principal-led Wellness Wednesday's, Walk-a-thon fundraiser and hosted a wellness fair. Recommendation: *Focus on planning wellness fair: use resources in wellness department, the wellness team, and community partners. Provide a healthy dinner (D6 catering can provide low budget options) as incentive for parents to attend.*
 - Maplewood had success promoting the healthy Halloween contest but it fizzled during Valentine's Day. However, staff and students love the Integrated Nutrition Education Program (INEP). Recommendation: *Document healthy ideas used at parties, including photos and put on bulletin board for whole school to view. Connect with Jackson who had great success with healthy Valentine's parties. Get quotes, success stories and photos from the INEP program to share with other schools.*
 - Jackson focused on increasing physical activity at parties and healthy treats at parties. They had great success with healthy Valentine's parties and are discussing the idea of having a monthly assembly in place of birthday celebrations. They had difficulty tracking activity throughout the day with the Brain Break Calendars, but noted that it is apparent students are getting more activity throughout the day. Recommendation: *Send e-mail reminder or ongoing weekly Outlook appointment or have activity break wall for easy tracking (teachers can mark the wall with stickers or tick marks to track each time they incorporate a brain energizer). Have students track the brain energizers- great way to involve students and increase accountability. Include physical activity at the proposed monthly birthday assembly.*
 - Centennial participated in Fuel Up to Play 60 (FUTP60) and focused efforts on increasing physical activity for the competition. They noted that including students in the wellness committee has made a big difference. Recommendation: *Since physical activity seems to be going well, Focus on 1 goal for nutrition for FUTP60.*
 - Dos Rios participated in many activities, including their after-school MOVIC (music + movement) club, Cultural Dance club, Walking Classroom, gardening, FUTP60, a parent cooking class (Cooking Matters), a classroom cooking program (Integrated Nutrition Education Program), and a school garden. Recommendation: *Keep up the great work! You are a model of success for other schools.*
 - Group 2 (Winograd, Romero K-3, Madison, Franklin, Brentwood)
 - Winograd participated in 5210 and believe their numbers went down. They had 12 teachers turn in brain energizer tally sheets, and 10 of them showed increases in the number of brain energizers provided. Recommendation: *Try to engage families in 5210. Consider prizes for the adults who participated in the brain energizer tracking.*

- Romero K-3 focused on increasing physical activity by participating in the 5210 challenge. They noted that most of the staff also participated in 5210. Recommendation: *Try to engage the families in the 5210 challenge.*
- Madison increased physical activity and brain energizers for students and staff. 88% of staff does at least one brain energizer per day and 60% does at least two per day! 100% of staff also uses Vitamin D time at least once per week. Madison also hosted their 1st wellness fair and it was very successful with over 75 families attending. They struggled with getting brain energizer tracking logs back from staff. Recommendation: *Have students track the brain energizers - great way to involve students and increase accountability. Send one Outlook appointment at the beginning of the year that is a recurring appoint reminding them weekly to send their logs in. Provide reminders at staff meetings. Offer an electronic log.*
- Franklin participated in FUTP60 and the competition. They had barriers for incorporating physical activity on inside days due to weather. To overcome this, they set up stations that students rotated through in the building. They were able to log over 6 million points for the competition and won a visit from Denver Broncos player David Bruton. Recommendation: *Nutrition Services will be moving food service out of the small gym, so that area will now be open during lunch for students to be active.*
- Brentwood increased physical activity using Fit Sticks and also started Fit Fridays where students can work out before school with the Student Wellness Team. They plan to go on a farm tour using their FUPT60 funds. They noted it is challenging to get teachers to continue using Fit Sticks during state testing. Recommendation: *Have students track and lead the brain energizers - great way to involve students and increase accountability.*
- Group 3 (Scott, Martinez, Meeker, Heath, Romero 4-8):
 - Scott had great Playworks success using junior coaches. Recommendation: *Focus on nutrition education, partner with City Park for community school garden. Share methods for Playworks success with other schools.*
 - Martinez focused on healthy holiday food art contests at parties. Students really got into it! They communicated with parents about healthy parties. Biggest challenge was parents continuing to bring junk food. Won \$200 for participation in the 5210 challenge. Recommendation: *Food donation box in the office for parents to leave the junk food. Include sign with the “why”, goals of the wellness team, plus alternative items they can bring instead. Send food art photos and parent communication to Courtney to share.*
 - Meeker is having success with Girls on the Run, jump rope club and will have a Cinco de Mayo run. They also earned money through participation in the Fire Up Your Feet Challenge. They are piloting a scaled version of the “all school movement” modeled by Red Hawke Elementary. Meeker is considering moving wellness teams to the list of committees that teachers are required to serve on, which improves accountability and sustainability. Recommendation: *Focus on nutrition outcome for next semester.*
 - Heath obtained a water bottle filler from FUTP60 and Smart Source funds. They used the smoothie bike and the Walking Classroom. They noted that they won’t participate in Bike to School Day because students don’t bike to school and they don’t have enough bike

racks. Recommendation: *Participate in Bike to School Day, think outside the box by allowing students to still participate if they walk to school or walk laps around the field, request bike racks from the city.*

- Romero 4-8 had difficulty getting their administrators on board with several wellness initiatives, but eventually met their SHIP goal of hosting ten Chef in the Classroom presentations. Recommendation: *focus on Walking Classroom since don't have sidewalks*
- Group 4 (Monfort, McAuliffe, Shawsheen, Prairie Heights, Chappelow)
 - Monfort had success with incorporating Chef in the Classroom into their lessons, participating in FUTP60, and incorporating exercise into their Monday morning rally. They had a successful Hot Chocolate Run and are doing a Smoothie Run too. The class with the most 5210 participation was awarded with a kickball game. The garden was put on hold due to no one being able to maintain it during the summer. Recommendation: *Engage neighbors and community partners to help with garden and align birthday baskets with healthy parties (Halloween, Valentine's Day).*
 - McAuliffe was very involved with FUTP60 this year. The student team worked with the Food Bank and delivered Thanksgiving meals. They won \$1,000 for their participation in 5210 and also earned a catered lunch for staff participation! They hosted another very successful wellness night too. Recommendation: *Focus more on the comprehensive learning environment and healthy eating, incorporate healthy eating into FUTP60 play.*
 - Shawsheen had difficulty implementing healthy parties, although one of the teacher's won 2nd place in the district-wide healthy Valentine's contest. Recommendation: *Engage students in the planning process and host a competition. Have wellness team talk with school that has had success with healthy parties, such as Jackson.*
 - Prairie Heights participated in the 5210 challenge and promoted breast cancer awareness. They won \$1500 for their participation in the 5210 challenge and also won a catered lunch for staff participation! Recommendation: *Build on 5210 challenge and incorporate other things throughout the year such as posters, artwork, games, and challenges.*
 - Chappelow is an arts focused school, so they noted difficulty with implementing wellness. However, a teacher from Chappelow won the Valentine's Day healthy party contest! Recommendation: *Integrate wellness into art: MOVIC program for example, build on 5210 challenge and incorporate other things throughout the year such as posters, artwork, games, and challenges.*
- Courtney will provide these recommendations to the student wellness team leads.

5. Sustaining Student Wellness Teams

- Rachel reviewed the costs associated with paying student wellness team leader stipends and paying teams off-contract time to attend wellness meetings. Last year we used Kaiser grant funds, but they did not approve these expenses in the last round of funding, so we are using Banner funds leftover from last year plus all of the Banner funds from this year. Total cost for team lead stipends alone is around \$8,000. Paying team leads off-contract time is about \$2,500 per meeting.
- To improve sustainability, Rachel suggested to:

- Create a contract that team leaders will need to sign that states their stipends include required attendance at wellness meetings (or send a team member in their spot). *Rachel will ensure this is allowed by Finance.* In addition to this, they must invite Wellness Specialist to at least 2 meetings per year. This is a model used in several other area districts. The committee approved the contract for next year. *Rachel and Courtney will develop the contract, using models and provide as part of the recruiting process in May.*
- Move toward having wellness meetings during Monday PD. We will need to get on the PD calendar in advance. *Rachel and Courtney will investigate this option.*
- Ask principals to put student wellness teams at the same level as other committees in terms of counting as one of the required committees teachers participate in. Meeker will be the pilot for this model next year.
- Rachel discussed an idea to thank the teams and have an end of year celebration. The committee approved the idea. Rachel and Courtney will be located at three locations, on three different dates, and we will buy the wellness teams a cup of coffee or smoothie. The team leads will receive a certificate of recognition and will have the opportunity to talk about what went well this year and what can be improved. This meeting is optional, the committee is invited to attend too.

6. 2015-16 Accomplishments and Upcoming Projects for 2016-2017

- Courtney briefly reviewed the accomplishments student wellness has achieved during the 2015-16 school year, including but not limited to:
 - Implemented Playworks in 5 new schools
 - 8 schools received a total of \$32,000 from the FUTP60 grant
 - Increased the number of Chef in the Classroom presentations by 4X
 - Impacted over 1000 students with Chef in the Classroom presentations
 - Franklin Middle School won the FUTP60 challenge and was awarded a visit from Miles the Mascot and Denver Broncs Player David Bruton.
 - Nutrition Services recognized as “Innovator of the Year”
 - Wellness Coordinator received Kaiser Thriving Schools Honor Roll Award
- Upcoming for the 2016-17 school year, including but not limited to:
 - Improve utilization of smoking cessation N-O-T (Not On Tobacco) program
 - School wellness teams at high school level
 - Implement Playworks program at 4 new schools
 - Improvement of school gardens using VISTA obtained through AmeriCorps grant
 - Collaborate with curriculum to create wellness toolkit

7. PEP Grant Update

- Courtney briefly reviewed grant requirements for Physical Education Program (PEP) grant
 - This is a highly competitive, federal grant that has a lot of requirements
 - Grant proposal must include nutrition and physical activity/education component (absolute priority)
 - This is the last year of the PEP grant and grantees may receive up to three years of funding, all distributed in year 1

- Only 15 awards available, ranging from \$200,000 to \$800,000 per project year. Match requirement in year 1 (10%) and subsequent years (25%).
- Grant has four priorities
 - Absolute priority (see above)
 - Competitive preferences (bonus points)
 - Project designed to improve mastery of non-cognitive skills and behaviors
 - Project designed to improve academic outcomes
 - Application contains agreement that details required partners [local education agency (LEA), community-based organization, local public health entity, LEA's food service director, head of local government)
 - Invitational priority – Projects based on research (must be cited)
- Must contain letters from five required partners (see above)
- Because this is a hefty grant, the plan for WCSD6 is to discuss with the Boys and Girls club on partnering to write grant.

8. Updates

- Summer PDs – Courtney reviewed the current numbers for the four PD sessions we will be offering.
 - Implementing Healthy Celebrations, Rewards, and Fundraisers (RMC Health) – 8 registered
 - Teaching with the Brain in Mind (Amanda Brantley, from the physical activity cadre from Colorado Department of Education and Wellness Coordinator at Poudre School District) – 29 registered
 - Bicycle Rodeo training (Bicycle Colorado) – 3 registered
 - Building a Wellness Classroom (Kim Bevill and Courtney Bell) – 12 registered
 - Promotion: *Courtney will invite wellness team leaders in outlook + create small flyer for PDs with small participation numbers.*
- 1st Annual District-wide Student Wellness Fair – Courtney handed out a flyer for the wellness fair that will be occurring on May 7th, 2016 from 9:00 – 10:30 am.
- Bike to School Day – Will occur May 4th, 2016.
- Smart Source training will occur on April 29th, 2016. This training is to teach users how to interpret Smart Source data results and how to identify gaps and priorities.

9. Calendar:

- April 20th, 6-7:30 PM: Falcon Fitness Fair
- May 7th, 8-10:30AM: Sprint into Summer 5k and Student Wellness Fair
- May 11th, 5-6:30PM: Student Wellness Celebration
- June 6th, 8AM-12PM: Bike Rodeo Training
- June 9th, 8AM-4:30PM: Building a Wellness Classroom, Kim Bevill
- June 20th, 8AM-4:30PM: Implementing Healthy Celebrations, Rewards, and Fundraisers
- July 14th, 8AM-4:30PM: Teaching with the Brain in Mind

Next Committee Meeting: July 20th, 9:00-11:00 AM